

#### Abstract of the Disclosure

A thermal pack apparatus including a shell at least partially filled with a thermal material. The shell typically includes an outer perimeter, opposed sides of the outer perimeter each having a respective notch formed therein, the notched being sized to enable an upper portion of the shell to be folded to form a first end surrounding a limb on a first side of a joint, and a lower portion of the shell to be folded to form a second end surrounding the limb on a second side of the joint, the shell further including a central portion configured to act as a hinge to enable flexing of the first end relative to the second end, to thereby accommodate movement of the joint.